



March 2026



For questions, please call 865-531-5063.

Cost of class is \$5.00 per class. You are welcome to drop in to any except Karns Senior Center and West Knox Senior Center. They ask that you call ahead.

***Please bring a mat. Wear stretchy, comfortable clothing, and proper exercise shoes.**

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>Central Baptist Church 9:00 Tone & Balance Gina</p> <p>Karns Senior Center 9:00 Cardio/Strength/ Stretch Nancy</p> <p>Sequoyah Hills Presbyterian 9:00 Yoga Michael</p>	<p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam</p> <p>West Knox Senior Center 11:15 Chair Yoga Strength Marti</p>	<p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>West Knox Senior Center 11:15 Gentle Yoga Marti</p>	<p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</p>	<p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Central Baptist Church 9:00 Cardio/Strength/Stretch Pam</p>
9	10	11	12	13
<p>Central Baptist Church 9:00 Tone & Balance Gina</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>Sequoyah Hills Presbyterian 9:00 Yoga Michael</p>	<p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam</p> <p>West Knox Senior Center 11:15 Chair Yoga Strength Marti</p>	<p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>West Knox Senior Center 11:15 Gentle Yoga Marti</p>	<p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</p>	<p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Central Baptist Church 9:00 Cardio/Strength/Stretch Pam</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">16</p> <p>Central Baptist Church 9:00 Tone & Balance Gina</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>Sequoyah Hills Presbyterian 9:00 Yoga Michael</p>	<p style="text-align: right;">17</p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam</p> <p>West Knox Senior Center 11:15 Chair Yoga Strength Marti</p>	<p style="text-align: right;">18</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>West Knox Senior Center 11:15 Gentle Yoga Marti</p>	<p style="text-align: right;">19</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</p>	<p style="text-align: right;">20</p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Central Baptist Church 9:00 Cardio/Strength/Stretch Pam</p>
<p style="text-align: right;">23</p> <p>Central Baptist Church 9:00 Tone & Balance Gina</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>Sequoyah Hills Presbyterian 9:00 Yoga Michael</p>	<p style="text-align: right;">24</p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam</p> <p>West Knox Senior Center 11:15 Chair Yoga Strength Marti</p>	<p style="text-align: right;">25</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>West Knox Senior Center 11:15 Gentle Yoga Marti</p>	<p style="text-align: right;">26</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>West Knox Senior Center 11:15 Tone & Balance Stephanie</p>	<p style="text-align: right;">27</p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>West Knox Senior Center 9:00 Cardio/Strength/Stretch Karen</p> <p>Central Baptist Church 9:00 Cardio/Strength/Stretch Pam</p>
<p style="text-align: right;">30</p> <p>Central Baptist Church 9:00 Tone & Balance Gina</p> <p>Karns Senior Center 9:00 Cardio/Strength/Stretch Nancy</p> <p>Sequoyah Hills Presbyterian 9:00 Yoga Michael</p>	<p style="text-align: right;">31</p> <p>South Knox Senior Center 8:45 Cardio/Strength/Stretch Tabitha</p> <p>First Baptist of Clinton 9:15 Cardio/Strength/Stretch Pam</p> <p>West Knox Senior Center 11:15 Chair Yoga Strength Wendy</p>	<p style="text-align: center;"><u>COMMUNITY CLASS LOCATIONS.....</u></p> <p style="text-align: center;">Central Baptist of Bearden, 6300 Deane Hill Dr., Knoxville TN 37919</p> <p style="text-align: center;">First Baptist of Clinton, 230 N. Charles G. Seivers Blvd, Clinton TN 37716</p> <p style="text-align: center;">Karns Senior Center, 8042 Oak Ridge Highway, Knoxville TN 37931</p> <p style="text-align: center;">Sequoyah Hills Presbyterian, 3700 Keowee Ave., Knoxville TN 37919</p> <p style="text-align: center;">South Knox Senior Center, 6729 Martel Lane, Knoxville TN 37920</p> <p style="text-align: center;">West Knox Senior Center, 239 Jamestowne Blvd, Suite 1 Farragut TN 37934</p>		